



*Rhythmical Massage Therapy Association
of North America*

Rhythmical Massage Therapy Training

Currently scheduled at: Camphill Soltane, Glenmoore, Pennsylvania

The possibility for a second RMT training to happen in Colorado is dependent on student enrollment.

Tuition for Module 5 is \$900. Tuition for Modules 6 – 10 to be determined.

For Information about this integrated training contact:

Janice Balaskas at RMTAtraining@gmail.com

Rhythmical Massage Therapy Association of North America (RMTA of NA) * rhythmicalmassagetherapynorthamerica.org		
For Health Care Professionals	<p>Module 5 * Tuition is \$900. Autumn 2024 * 6 days training</p> <p>Module 6 * Tuition TBD Summer 2024 * 12 days training</p> <p>Module 7 * Tuition TBD Spring 2025 * 12 days training</p> <p>Module 8 * Tuition TBD Summer 2025 * 12 days training</p> <p>Module 9 * Tuition TBD Spring 2026 * 12 days training</p> <p>Module 10 * Tuition TBD Summer 2026 * 12 days training</p>	<p>Janice Balaskas, RN, ANS, RES, RMT</p> <p>Marei Blitz, PT, RMT</p> <p>Aoine Landweer-Cooke, MT, RMT</p>

Upon completion of the four-module Foundation Course in Anthroposophic Nursing offered by NAANA, health care professionals have the option to continue training in Rhythmical Massage Therapy through the Rhythmical Massage Therapy Association of North America (RMTA of NA).

Rhythmical Massage Therapy as indicated by Dr. Ita Wegman, is a therapeutic massage based on the teaching of Ita Wegman, MD and Margaretha Hauschka, MD, and Rudolf Steiner, Ph.D. Through their collaboration, the conventional methods of therapeutic massage were extended to include the spiritual-scientific processes of study of the human

being and the world, collectively known as anthroposophy. This anthroposophic approach to massage encompasses multiple perspectives that address the human being as a being of body, soul, and spirit.

Rhythmical Massage Therapy * Training Overview

Anthroposophic Health Care:

- Embryology
- **Four-Fold Studies:**
Elements, Ethers, Kingdoms of Nature, Four-Fold Human Being
- **Three-Fold Studies:**
Three-Fold Plant, Tria Principia, Functional Systems of the Human Being (Nerve-Sense System, Rhythmic System, Metabolic-Limb System), Soul Forces (Thinking, Feeling, Willing)
- **Seven-Fold Studies:**
Life Processes, Learning Processes, Planets, Organ Systems, Metals
- **Twelve Fold Studies:**
Senses, World Views, Constellations
- **Polarities in Health & Illness:**
Anabolism & Catabolism, Inflammation & Sclerosis

Observation:

- Phenomenological Observations
- Tactile Explorations
- Goethean Observation

Intervention:

- Developing Illness Pictures
- Developing Treatment Plans
- Therapeutic Plants & Substances
- Working in a Multi-Disciplinary Team

Inner Development:

- Exercises in Inner Development
- Art & Eurythmy

Self-Study Assignment:

- To Be Determined

Practical Learning:

- Effleurage/Gliding & Variations
- Petrissage/Kneading & Variations
- Counter-Circles & Variations
- Warming Circles & Variations
- Lemniscates & Variations
- Frictions
- Pine Tree
- Organ Treatments: Liver, Spleen, Heart, Kidney, Bladder
- Rhythmical Einreibungen
- Pentagram Treatment

Treatment Sequences:

- The Face
- Basic Back
- Neck Diversion
- Asthma
- Arms Up
- Arms Down
- The Hand
- Sciatica
- Abdomen
- The Hip
- The Knee
- Legs Prone
- Legs Supine
- Calves Breathing & Calves Down
- The Foot